

Amendments to the Specification:

Please replace the abstract at page 13 with the following amended abstract:

A sliding support shelf supports equipment within a rack system regardless of its design. The base of the support shelf includes a surface capable of supporting the equipment reducing unintended movement of the equipment, providing security of the supported equipment, and enhancing ventilation of the equipment. A slide is associated with the base to allow the base to move with respect to the rack. The slide lacks ball bearings, but provides smooth movement of the base without requiring direct attachment to the equipment. Cable management arms are integral to the base to manage the various cables and the like associated with the equipment. The method of the present invention comprises steps of use of the support shelf with various designs of racks and types and dimensions of equipment to be supported.